

BEDFORD DAY 2012

SEPTEMBER 15, 2012

PARADE: BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way. Parade steps off at 10:30!

FAIR: Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair! The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex.

COCABANANA BAND:

It's Caribbean Rock!..... tropical rock lyrics with intricate, tight harmonies, stacked on steel drums, riding a wave of powerful Latin rhythms.

The Cocabanana Band will perform on the fair grounds from noon until 2:00.

Local talent will perform during the band's intermission.

BIKE TO BEDFORD DAY! Avoid the parking crunch... ride your bike to Bedford Day!
The Bicycle Advisory Committee will provide free and secure on-site bike parking.

BEDFORD DAY SEVERE STORM INFORMATION:

The Town of Bedford Bedford Day Fair and Parade are held rain or shine. If we encounter weather that is severe and threatens the safety of participants, the events will be postponed to Saturday, September 22. The decision to postpone would be made by 7:00 a.m. on September 15 and the information would be posted on the Town website (www.bedfordma.gov) and recorded on the Recreation Department answering announcement (781-275-1392).

The Severe Storm date applies to the Bedford Day Fair and Parade Only! The Road Race, Book Fair and Art Exhibit will be held rain or shine.

Please note that handicap parking for the Fair will be in front of the Library in posted spaces.

Questions? Please contact Bedford Recreation Department (781-275-1392)
www.bedfordrecreation.org

OTHER BEDFORD DAY ACTIVITIES INCLUDE:

FREE HEALTH SCREENINGS AT BEDFORD DAY

The Bedford Board of Health is once again partnering with Emerson Hospital to provide FREE health screenings to our community at Bedford Day on Saturday, September 15, 2012 from 9:00 am to 3:00 pm.

The following FREE Screenings will be offered under the Big White Tent in front of the Town Center Building:

- Full lipid cholesterol screening. This screening requires a 12 hour fast - no food or drink except water should be taken by mouth 12 hours prior to the screening. If fasting is not done, a total cholesterol screening will be done
- Prostate specific antigen (PSA) screening for men
- Thyroid screening
- Blood pressure readings will be taken by the Bedford Board of Health Community Health Nurse, provided there is low background noise given the day's events.

Look for a second area of FREE Screenings offered by Emerson's Physical Therapy group. The PT Group will offer:

- Balance Screening
- Running Assessment for hip and leg tightness
- Back to School backpack weigh-ins and suggestions for children to reduce the risk of back pain associated with heavy backpacks.

The Board of Health and Toward a Healthier Bedford will also be on hand to provide health and wellness information to the community. Stop by for information about the Home Sharps Collection being held on Saturday, September 29th and pick up a free sharps container. The Emerson Hospital and Bedford Board of Health tent will be open at 9:00 am to begin the screenings. Please remember that you must refrain from any food or drink, except water, for the required 12 hour period if you are interested in a full lipid cholesterol screening.

Please note that the parking of vehicles at Town Hall is prohibited during this busy event! It is strongly advised that you approach our tent on foot from the area of South Road.

We hope to see you at Bedford Day!

FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE

The largest and best assortment of all kinds of books ever! Also, cd's, dvd's for sale.

Friday, September 14: 1:00 to 5:00 pm, Saturday, September 15: 10:00 to 4:00 pm, Sunday, September 16: 1:00 to 4:00 pm.

DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK

September 15, 2012

(To Benefit the Danny Oates Memorial Scholarship Fund)

The 18th Danny Oates Memorial 5K race and 2.5K walk will be held September 15 at the John Glenn Middle School in Bedford MA. As part of Bedford Day, the race starts at 8:30 (registration at 7:30) to make sure participants can get to the parade and fair in plenty of time.

By popular demand, the Kids Fun Run will return prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the field. All kids get a medal!

The Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship.

For additional information and registration please visit www.dannyoates5k.com

BEDFORD ARTS AND CRAFTS SOCIETY'S 13TH ANNUAL REGIONAL ART EXHIBIT:

The 13th Annual Regional Art Exhibit will be held in the Union Room at the Town Center from 10:30 a.m. to 3 p.m. Art work will be received on Thursday Sept. 13th, from 9am to 12:30pm. (entry fee \$10 for BACS members and \$12 for nonmembers). It will be judged for awards, and hung that afternoon. The show is open to the public on Friday the 14th from 8am to 4 pm; and on Bedford Day, September 15, from 10:30 a.m. – 3:00 p.m. as well. Awards will be presented at 12:30 p.m. on September 15. More info is available on the applications, which can be found in the yellow Town Center Building, the COA, Town Hall and the Bedford Public Library.

